

# **WOMAN Challenge**

**W**omen and girls **O**ut **M**oving **A**cross the **N**ation

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services

*Join us for the **WOMAN Challenge** –  
an 8-week challenge to increase your physical activity  
beginning Sunday, May 13th, 2007 – Mother's Day  
to kick off National Women's Health Week*






## ***SIGN UP NOW... It's quick and easy!***

*Join thousands of women and girls (ages 9 and older) who are making a commitment to their health by participating in the WOMAN Challenge.*

## ***For participants with mobility impairments:***

*Contact the National Center on Physical Activity and Disability (NCPAD) for information on starting a physical activity program, or about adapted arm band pedometers.  
**[www.ncpad.org](http://www.ncpad.org)***

## ***Register now and...***

-  **Receive a free pedometer** and a tracking log to record your physical activity (while supplies last)
-  **Choose 1 of 6 virtual routes** across the United States to track your progress during the Challenge – explore the country without leaving your hometown!
-  **Form a team or participate as an individual**
-  **Choose your own physical activity goal** each week to fit your lifestyle
-  **Receive motivational emails**, useful health information, and regular progress reports when you record your activity on the interactive website

*To register and for more information:*

**[www.womenshealth.gov/woman](http://www.womenshealth.gov/woman)**